

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		CLOSED					
8:15 AM	Adult Fitness (No Gi)						Adult Kenpo
8:30 AM							
8:45 AM							
9:00 AM	Little Dragons						Little Dragons Intermediate
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM	Little Dragons Intermediate						Little Dragons
10:15 AM							
10:30 AM						Tiny Tigers	
10:45 AM							
11:00 AM	Youth Intermediate						Youth Intermediate
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM	Youth Advanced						YOUTH
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM	TEEN						TEEN
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM	Tiny Tigers						
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM			TEEN	Little Dragons	Youth Intermediate	Little Dragons	
4:30 PM							
4:45 PM							
5:00 PM			YOUTH	YOUTH	Little Dragons Intermediate	YOUTH	
5:15 PM							
05:30 PM							
5:45 PM							
6:00 PM							
6:15 PM			Youth Intermediate	Adult Kenpo	Youth Advanced	Adult Kenpo	
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM			Women's Self Defense		Women's Self Defense		
7:45 PM							
8:00 PM							

WHAT CLASSES MAY I ATTEND?		
3-4 yrs. old	karate based movement class	Tiny Tigers
4-6 yrs. old	white/yellow belts	Little Dragons
4-6 yrs. old	yellow/orange belts	Little Dragons Intermediate
7-11 yrs. old	white/yellow belts	Youth
7-11 yrs. old	orange/purple/blue belts	Youth Intermediate
10-15 yrs. old	purple (10 yrs. & older)/blue/green/brown belts	Youth Advanced
12-17 yrs. old	all belt ranks	Teen
16+ yrs. old	all belt ranks	Adult Kenpo
14+ yrs. old.	all levels-women only	Women's Self Defense Seminar: Nov. 7 - Dec. 7

Email Mr. C (guy@dedhamhealth.com) or Miss Cynthia (cynthia@dedhamhealth.com) if you have any questions or to schedule private lessons!

